

Suzie DeVaughn



Heal Yourself  
Uplift Others  
Light Up the World

Suzie is the founder of heart-centered businesses Self-Care Specialists and Blossoming Heart Center, impacting people in the United States and around the world through speaking, writing, healing, meditations, workshops, and retreats. She is the author of *Mastering Self-Care: Building Resiliency Through Healthy and Mindful Living* and the voice/creator of *I AM Meditations*.

She paved her own path as a pioneer and leader in self-care and self-healing. While raising her kids as a single mother she healed herself, went to graduate school, and started two businesses on a shoestring budget. Suzie's been through real life challenges and can lead you to the resources within to heal yourself and transform your life.

Suzie's calling to serve originated with a debilitating health crisis, the path of "healer heal thyself," when she began having serious health problems at the age of twenty-six. Unknowingly, she had exposed herself to dangerous levels of arsenic, which was misdiagnosed and mistreated with a myriad of medications that made her sicker. She coexisted with the toxicity and tumors that eventually grew on her liver and right lung, until the root of the problem was discovered many years later.

Through holistic healthcare, impeccable self-care, energy medicine, spiritual healing, and an unshakable belief in a miracle, she made a full recovery and is in exceptional health.

Following her profound healing Suzie received this message from her guides, "You had to experience the miracle to share the miracle," and took her path of sacred service to new heights. She has since uncovered many gifts and shares them with those who are ready for deep inner-work, healing, and expansion into who they really are beneath the layers of false beliefs and stored emotions.

Her credentials include a bachelor's degree in organizational communications from The University of Kansas, master's degree in social work from Wichita State University, licensed psychotherapist (LMSW) in the state of Kansas, compassion fatigue therapist and educator through Green Cross Academy of Traumatology, and ordained minister of healing through All Light Ministries International and Sisterhood of the Emerald Fire. Suzie's past experience includes human resources roles in a Fortune 500 company and a Global Fortune 500 employment agency.

She is the loving mother of three grown children who are in undergraduate and graduate programs at their respective universities.

With a unique combination of compassion and strength, Suzie is a passionate and inspirational speaker on the topics of self-care, stress management, mindfulness, self-healing, inner-mastery, self-love, empowerment, and spirituality. Reach out today for more information and let's elevate together!



<https://www.selfcarespecialists.com/>



Blossoming Heart Center<sup>™</sup>  
Healing | Meditation | Workshops | Retreats

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